

# Wellness Works!

*A seasonal source for fitness, health and wellness information.*

The LCG Enrichment Center of Lee County - 1615 S. Third St., Sanford, NC 27330 919-776-0501

## Winter Safety

Brr... It's cold outside!!

When the temperature drops, older adults are at a higher risk for health problems and injuries related to the weather.

*Here are a few safety precautions that we should all remember this time of year.*

**Minimize time outdoors.**

**Stay dry.** Wet clothing chills your body more quickly.

**Dress in layers.** 2 or 3 thinner layers of loose fitting clothing are warmer than a single layer of thick clothing.

**Cover up!** All body parts should be covered when out in the cold. This means a hat, scarf, gloves or mittens, warm socks and non-skid boots.

**Make certain pathways and steps are clear before you walk.** Watch for "black ice"!

**Carry your cell phone when you are outside.** Let someone know where you are going and when you will be back.

**Be prepared and stay safe!**



## Depression During the Holidays

Depression can ruin your holidays and hurt your health. But planning ahead, being realistic and finding support can help. **Try these ideas.**

**Acknowledge your feelings.** If someone close to you has recently died or if you can't be with loved ones, it's normal to feel sadness and grief.

**Reach out.** If you feel lonely or isolated, seek out community, religious, or social events or try volunteering. Helping others can lift your spirit.

**Be realistic.** The holidays don't have to be perfect or just like last year. As families change, traditions change too. Be open to new ideas.

**Set aside differences.** Try to accept family members and friends as they are; even if they don't live up to your expectations. Set aside grievances and be understanding if others get upset or something goes wrong. They probably feel the effects of holiday stress or depression, too.

**Learn to say no.** Saying yes when you should say no can leave you feeling resentful or overwhelmed.

**Take a breather.** Make some time for yourself. Take a walk, read or listen to some quiet music. Find something that relaxes you.

**Know your triggers, plan ahead, and bring the joy back into the season!**



## UNLEASH THE POWER OF AGE!

SENIOR CENTERS ~ *Experts at Living Well*

Upcoming...

2020 Senior Games Registration will be March 1 - 31, 2020. The games will be here before you know it. Clinics will be held to teach you how to play some of the events offered in Senior Games and Silver Arts. Pick your sport, practice your skill and enter this year. You never know, you just might win!

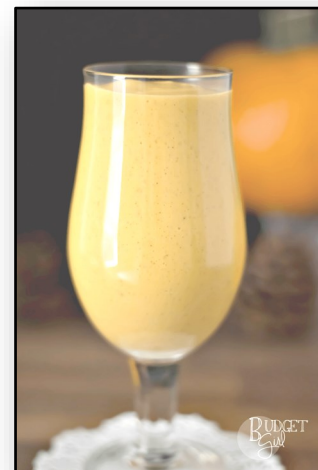
Contact Jimmy Solomon at ext. 2207 for more information.

Seated Tai Chi Class

January 8 - March 11, 2020. Classes will be held Wednesdays, 4:00 PM - 4:45 PM. Cost is \$25. Seated Tai Chi is a good option for those with limited mobility. It improves balance and range of motion, increases strength and lowers risk of falling. Register at the front desk. Questions? Contact Cathy Andrew at ext. 2208.

Pumpkin Spice SmoothieIngredients

- 1/2 cup canned pumpkin (not pie filling)
  - 1/3 cup fat-free, plain yogurt
  - 1/3 cup skim milk
  - 2 Tbsp. rolled oats
  - 2 tsp. honey
  - 1/2 tsp. pumpkin pie spice
  - 3-4 ice cubes
- (makes 1 serving)

Directions

Into a blender, add pumpkin, yogurt, milk, oats, honey, pumpkin pie spice and ice cubes.

Blend until smooth and frothy, about 1 minute. Pour into a glass and serve.

Quick Tips

**Cooking Tip:** Keeping the can of pumpkin in the fridge before using isn't necessary, but helps make a colder smoothie.

**Keep it Healthy:** Make sure to buy 100% pure pumpkin and not pumpkin pie filling or mix, which looks similar but can have added sugar.

**Tip:** Plain nonfat Greek yogurt, which has more of a tangy taste as well as more protein, can be substituted for the light plain yogurt.

Source: <https://recipes.heart.org/en/recipes/pumpkin-spice-smoothie>

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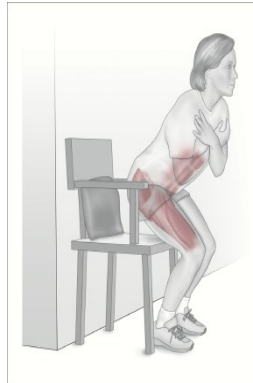
## Exercises to improve balance

Good balance and coordination can mean the difference between taking a tumble and possibly breaking a bone, or staying on your feet. Strong evidence shows that regular physical activity can reduce falls in older adults, especially those at higher risk of falling. Even if you're not at high risk for a fall, good balance and coordination can help keep you at the top of your game while doing the activities you enjoy. The following exercises specifically help develop good balance. Most people should be able to perform them safely, but you may want to check with your doctor first.

### Chair stand

Place a small pillow at the back of your chair and position the chair so that the back of it is resting against a wall. Sit at the front of the chair, knees bent, feet flat on the floor and slightly apart. Lean back on the pillow in a half-reclining position with your arms crossed and your hands on your shoulders. Keeping your back and shoulders straight, raise your upper body forward until you are sitting upright. Stand up slowly, using your hands as little as possible. Slowly sit back down. Aim for eight to 12 repetitions.

**Rest and repeat.**

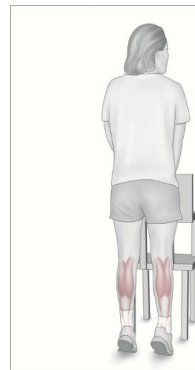


### Side leg raise

Stand behind a sturdy chair with your feet together. Hold on to the back of the chair for balance. Slowly raise your right leg straight out to the side until your foot is eight inches off the floor. Keep your knee straight. Pause. Slowly lower your foot to the floor. Do eight to 12 repetitions. **Repeat with your left leg.**



### Standing calf raise



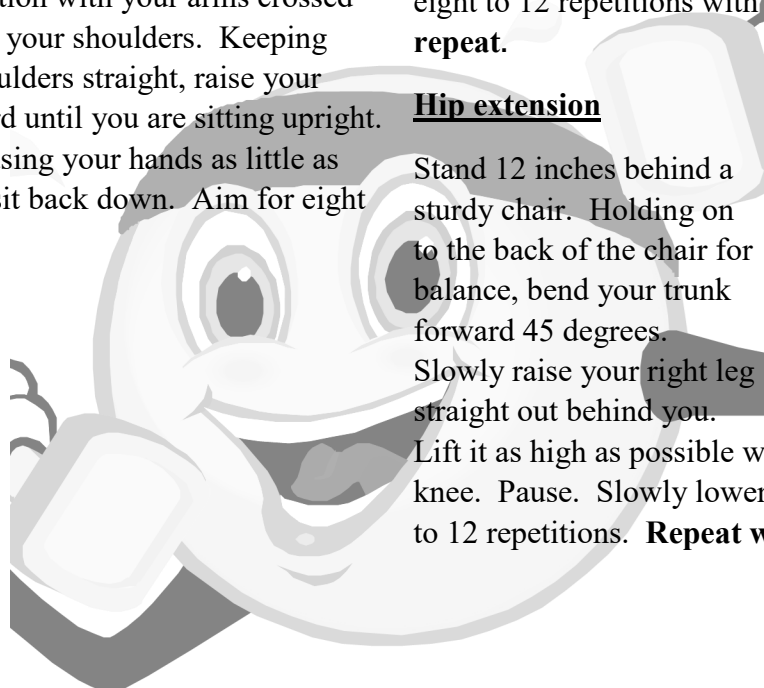
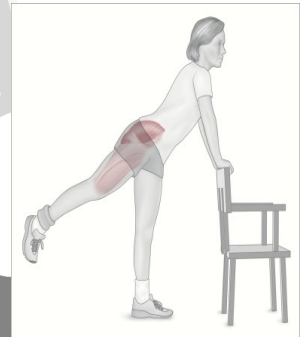
Stand with your feet flat on the floor. Hold on to the back of your chair for balance. Raise yourself up on tiptoe; as high as possible. Hold briefly and then lower yourself. Aim for eight to 12 repetitions. **Rest and repeat.**

Variation: Once your balance and strength improve, tuck one foot behind the other calf before rising on tiptoe. Do eight to 12 repetitions with each leg. **Rest and repeat.**

### Hip extension

Stand 12 inches behind a sturdy chair. Holding on to the back of the chair for balance, bend your trunk forward 45 degrees. Slowly raise your right leg straight out behind you.

Lift it as high as possible without bending your knee. Pause. Slowly lower the leg. Aim for eight to 12 repetitions. **Repeat with your left leg.**



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## Our Fitness Programs Rock!

### Come Try a Class for FREE!

#### **Low Impact Aerobics & Toning Classes**

\$10 per month.

Tuesday/Thursday 9:00 a.m.

Monday/Wednesday 5:30 p.m. \*

#### **Stretch & Tone**

Tuesday/Thursday 11:00 a.m. No Charge.

#### **The Fitness Room\*\***

Monday—Thursday 8:00 a.m. - 8:00 p.m.

Friday 8:00 a.m. – 5:00 p.m.

\$1.00 per daily visit – Equipment orientation required. See front desk for appointments.

**Walking Trail** – ¼ mile around the perimeter of the property. Free.

#### **Fitness Yoga**

Mondays 8:30 a.m. **OR**

Tuesdays 5:30 p.m. **OR**

Fridays 8:30 a.m.

\$15 per month/one class per week

**\*Evening Aerobics replaced with Water Aerobics during June, July & August.**

**\*\*Fitness room is open to Lee Co. residents age 50 and better.**

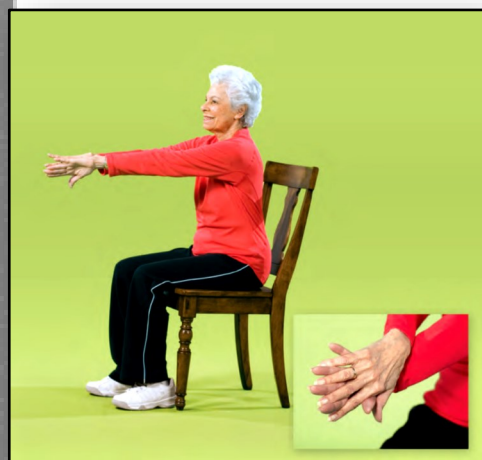
**All adults are welcome to fill any available class spaces.**

## UPPER BACK STRETCH

This exercise is good for your shoulders and upper back muscles.

1. Sit in a sturdy, armless chair with your feet flat on the floor, shoulder-width apart.
2. Hold arms in front of you at shoulder height with palms facing outward.
3. Relax your shoulders, keep your upper body still, and reach forward with your hands. Stop when you feel a stretch or slight discomfort.
4. Hold position for 10-30 seconds.
5. Sit back up.
6. Repeat at least 3-5 times.

***Tip: As you progress, cross your arms and interlace your fingers.***



*Source: Exercise from Go4Life, a registered trademark of the U. S. Department of Health and Human Services*

**Have a question, program idea or exercise class request?  
 Please let us know at the front desk. We value your input!**